



## OBJECTIVE

The HandS Project is aimed to provide training to professionals in schools at the levels of health, education and interpersonal dynamics, on the detection and prevention of suicidal risk in adolescents as an urgent health need.

## PROGRAM ACTIVITIES

- 1) Transnational desk research on suicide risk of adolescents carried out by the research staff of the three partners.
- 2) Creation of the HandS e-training toolkit and implementation on the project website.
- 3) Training program: training of 30 among school teachers, school psychologists and other care professionals in the circle of school education through the use of the HandS e-training toolkit.
- 4) Pilot educational activities at school.



The **HandS Project – Handling Suicide risk of adolescents at school** studies the phenomenon of suicide risk in adolescents and analyses the bibliographic sources that reveal the most relevant theoretical and epidemiological bases which will allow to create a training program for school teachers, school psychologists and other care professionals in the circle of school education.



Funded by the European Union. Views and opinions expressed are however those of the authors only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

## WEB

 <https://suiciderisk.eu/>

## PARTNERS

**FOVIP** offers a wide range of high-quality training and extracurricular activities. During two years of activity, the theme of suicide risk of adolescents has often arisen among different groups of learners: professionals in the fields of psychology, education, youth, school and the wider public of adults.

**CIPPS** is the first European research, training and clinical center dedicated to the integration of the Ericksonian strategic model with the psychosocial genomics of Ernest L. Rossi. Within the clinical center, CIPPS' therapists deal with cases of adolescents who may be at risk of suicide, in collaboration with other professionals such as doctors, psychiatrists, biologists, nutritionists and lawyers.

**DARSI** is committed to support adolescents, young people and adults who are touched directly or indirectly by discomforts resulting in addiction, self-harm behaviors and suicide.

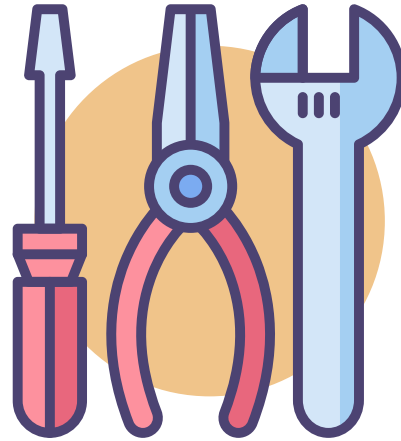
## TRANSNATIONAL DESK RESEARCH

It can be challenging, for schoolteachers and other operators in schools, to know how best to individuate and handle suicide risk in adolescent students.

Teenagers are often silent and separate themselves from the world of adults and adult “authorities” (like teachers, or parents, can show to be), and that can be aggravated as the issues that these students face directly impact their social interactions besides affecting school learning and achievements.

So, often teachers feel under-prepared and under-equipped to provide the necessary support for this kind of student. In order to effectively design and carry out comprehension, support and education, they need to understand the disease that affects these students, and to be aware of psychological and educational strategies that can be utilized to reach who is experiencing these issues.

## E-TRAINING TOOLKIT



\* The e-training toolkit will be built starting from the ultimate findings collected within the HandS transnational research achieved during Activity 1. It will present an articulate structure of contents, findings and aggregated data related to the project topic, such as:

- Special vulnerability of adolescents.
- Emotional balance in teenagers.
- Theoretical and epidemiological bases of the phenomenon of suicide risk in adolescents.
- Characteristics of personality traits such as impulsiveness, aggressiveness, and poor coping with frustration.
- Symptomatic behaviors, such as self-injuries, risky, disruptive and challenging behaviors.

- Traits of antisocial relationships.
- How to detect and prevent suicidal risk in adolescents.
- How to deal with cases of suicidal ideation associated with imitative behaviors such as the Werther effect.
- How to encourage protective behaviors such as the Papageno effect.
- Coping suicide risk in secondary schools: good practices for interprofessional teams.
- Example stories.
- Intervention programs with educational strategies: exercises and activities to be used during activities with students at school (also downloadable and printable materials in PDF format).

